

August
2015

Help Your Child Become Responsibly Independent



Whether your child is going to kindergarten or college, your role as a parent includes helping your children move toward independence. Here are some things to consider as you encourage responsible independence:

- Children need to learn some lessons from experience. There is no better teacher and experience builds confidence. What lessons do you think fall into this category?
- Financial responsibility is a crucial skill. How are you helping your children handle money?
- It's tempting to protect your kids by directing some aspects of their lives: choosing their courses, friends, and how they spend their time. How can you keep your "directing" behavior in check?
- As painful as it may be, your children will make mistakes. Let them! How can you help them learn from their mistakes?

Work & Wellbeing

From The Solutions Group

Family Matters

Many children need immunizations before going back to school. But they're not the only ones. To protect themselves from serious illnesses, adults need shots, too. **August is Family Health Month**, so it's a great

time to focus on improving your family's wellbeing by ensuring that everyone – including Mom and Dad – is up to date on their shots. Next? Schedule annual physicals for everyone.



It's BTS: Back to the Schedule

It's back-to-school time and that means getting back to a regular schedule for families with school-aged kids. After-school activities, weekend games, homework and school events can fill up your calendar quickly. Don't forget to set aside time just for your

family. Plan to eat dinner together at least twice a week, exercise together on the weekends, or hold regular game nights. Family time is critical for bonding and strengthening communication (and it's fun, too.)

Fire-Roasted Corn Salad

It is easy to fill half your plate with fruits and vegetables at this time of the year. Fresh corn is best between July and September. Try it grilled in this salad with farm fresh cherry tomatoes and tangy feta cheese.



Ingredients

Juice of 3 limes
2 tsp. ground cumin
1 tsp. mild chili powder
1/4 cup extra-virgin olive oil, plus more for brushing
Salt and freshly ground pepper
6 ears of corn, husks and silks removed
3 cups cherry tomatoes, stemmed and halved
1/2 cup diced red onion
1/2 cup chopped fresh cilantro
1/4 lb. feta cheese, diced
2 tsp. cumin seeds, toasted and lightly crushed

Serves 8

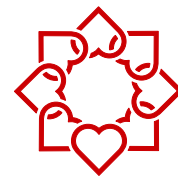
Instructions:

In a bowl, whisk together lime juice, ground cumin and chili powder. Add olive oil in a slow, steady stream while whisking to make the vinaigrette. Season with salt and pepper, to taste. Set aside.

Prepare a medium-hot fire in a grill. Brush a little olive oil on each ear of corn. Grill the corn, turning the ears often so they cook evenly, until lightly charred, about 10 minutes.

Steady each ear of corn on a cutting board and, using a sharp knife, cut down along the cob to strip off the kernels. Alternatively, remove the kernels with a kernel cutter. Put kernels in a large bowl. Add tomatoes, onion, cilantro, feta and vinaigrette and toss to coat evenly. Transfer salad to a platter and sprinkle with cumin seeds.

Adapted from Williams-Sonoma *Entertaining* cookbook.



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Keep Your Cool

Remember these safety tips when summer temperatures soar:

- **Drink plenty of fluids throughout the day, instead of waiting until you're thirsty.**
If you're working or exercising in the heat, remember to drink a glass of water at least once an hour.
- **Limit liquids with caffeine, alcohol, or lots of sugar.**
- **Exercise during the cooler parts of the day, like early morning.**
- **Wear loose-fitting, light-colored clothing** made from fabrics (not 100% cotton) that "wick" perspiration away from your body and dry quickly.
- **Extreme heat kills more people than hurricanes, tornadoes, floods, earthquakes, and cold combined.**
Infants and people older than 65 are at the highest risk for heat-related illness or injury.

Sources: University of Pittsburgh Medical Center; U.S. Centers for Disease Control and Prevention